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New Product Catalogs

Magnum Fitness Systems has improved its catalog options by separating each of its lines into a unique catalog - click on the "Equipment" link on our web site to download and view the new catalogs!



New Installations

Congratulations to those with **new facilities** from Webster's Fitness:

- Central Dauphin East High School (Harrisburg, PA)
- Forks Township Recreation Center (Easton, PA)
- University Prep School (Pittsburgh, PA)

Congratulations to those with **equipment additions** from Webster's Fitness:

- Heath Miller, Pittsburgh Steelers
- Ike Taylor, Pittsburgh Steelers
- Brett Keisel, Pittsburgh Steelers
- Yough High School (Herminie, PA)
- Powertrain Inc. (Mannheim, PA)
- Patriot Physical Therapy (Munhall, PA)
- Cameron County High School (Emporium, PA)
- Mercer High School (Mercer, PA)
- North Clarion High School (Tionesta, PA)
- Westmoreland High School (Westmoreland, NY)
- Mercer High School (Mercer, PA)
- York Suburban Middle School (York, PA)
- Wilmington High School (New Wilmington, PA)
- Centers For Rehab Services (Pittsburgh, PA)
- Diversified Human Services (Charleroi, PA)
- Devlin's Point Apartments (Gibsonia, PA)

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Pittsburgh Steelers Strength & Conditioning Clinic a Success!

Webster's Fitness sponsored the First Annual Steelers Youth Strength & Conditioning Clinic on Saturday, May 7 at Heinz Field in Pittsburgh. Despite a change in scheduling, the clinic was well attended by around 90 youth and high school coaches.

Coaches Garrett Giemont, Steelers conditioning coordinator, and Marcel Pastoor, Steelers conditioning assistant, along with Steelers' nutritionist, Leslie Bonci provided the group with ideas about how the Steelers train and how that can be translated into training youth athletes and teams.

Giemont walked the group through a typical week of training for his players both during the season and in the offseason. He stressed how the coaching staff provides a united front approach to their preparation. "My core beliefs are the same ones that Coach (Mike) Tomlin has with the team, which are common sense, competition and respect. If you can set your program up around those styles of beliefs then you can have your philosophies come through." He emphasized that "nothing (is) more important than game day. We are always preparing for game day. We get that blue-printed in our football DNA during the offseason and season."

Pastoor talked about not pushing kids too hard. He stressed safety in all aspects of training -- especially in the weight room -- to keep from injury, boredom or even stunting of their growth.

Bonci talked about the importance of hydration during training. Highlights of her talk can be found in the nutrition article, below.

Thanks to the Steelers, Mike Marchinsky, the speakers, vendors and all who attended for making this a successful event. We are confident that this event will grow each year to become an essential date on every youth coach's calendar!

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Youth Nutrition: Summer Eating Plan

(Overview of Presentation by Leslie Bonci, Director of Sports Nutrition, UPMC, from Steelers Youth Strength & Conditioning Clinic)

1. Eat within one (1) hour of waking up - 7 days a week.

Some suggestions: Scrambled egg burrito/wrap; Egg McMuffin, Cereal w/low-fat milk & fruit; Peanut butter sandwich & milk; Smoothie & nuts/granola bar

2. Drink 10-20 ounces of fluid when you wake up.

Preferably water, juice or milk -- avoid sugary drinks.



3. Drink enough fluid throughout the day.

Baseline needs: Ages 11-14: 8 (8 oz.) cups of liquid daily;
 Ages 14-18: 11 (8 oz.) cups of liquid daily;
 PLUS 10-20 oz. before exercise;
 plenty of water during exercise (see #4);
 and rehydration after exercise (see #5).

These liquids should be cool, not ice cold, during and after exercise. They should be gulped instead of sipped to promote rapid removal from the stomach. Leslie warned that dumping water on the head or body does not rehydrate - it must be swallowed.

"Meals should be one-third fruits & vegetables, one-third meat & one-third starch."



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4. Monitor your sweat rate: replenish during exercise/practice.

Weight and water loss should be monitored closely (to the ounce or tenth of a pound) before and after training/exercise. The formula for calculating sweat rate is:

Pre-exercise weight minus post exercise weight equals weight lost in sweat;
Convert weight lost in sweat to ounces (multiply by 16);
Add ounces of fluid consumed during exercise/practice;
Divide this number by hours spent exercising/practicing;
Total equals your Hourly Sweat Rate.

Example: Pre-exercise wt. = 145# minus post-exercise wt. = 142#
3# wt. loss x 16 = 48 oz. +
20 oz. consumed during exercise = 68 oz.
68 oz. ÷ 2 hrs. exercise = 34 oz. Hourly Sweat Rate (fluid needed for maintenance)

5. Monitor loss of water weight: replenish after exercise/practice.

You need to drink 20 ounces of fluid for every pound lost during practice.

Example: Athlete (from previous example) lost 3 pounds, so he should drink 60 ounces of liquid for optimum body maintenance.

6. Eat five times a day, including before and after working out.

Meals should be one-third fruits & vegetables, one-third meat & one-third starch. One-half to one gram per pound of body weight should be the target for amount of protein intake per day. Pre-exercise/practice meals should be eaten 30-60 minutes before practice and include 12-15 grams of protein and 35 grams of carbohydrates. Post-exercise/practice meals should be eaten within 15 minutes of end of workout. This meal should require the same amounts of protein and carbohydrates as the pre-exercise meal.



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